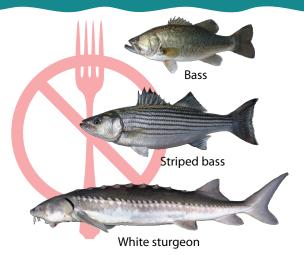
Eat Fish Safely: San Joaquin River



www.oehha.ca.gov/fish



Women 18 - 45 Children 1-17 Th

Men 18+
Women 46+

1 serving/week or
Striped Bass: 2 servings/week

Some fish have high levels of mercury which can harm the brain, especially in unborn babies and children.





